

# MEDITATION FOR MOTIVATION:

## 15 Minutes a Day for Peace, Personal Growth & Increased Creativity

*by Jean Tennant*

*A once-daily  
15-minute  
meditation will  
improve your  
life  
exponentially.*

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As a habitual multitasker I always found myself with several projects in the works at once, some of which would get shoved to a back burner when new, more interesting ideas presented themselves. As a result I couldn't seem to finish anything. I felt busy all the time, rushed, and pulled in many different directions. The feeling that I wasn't accomplishing anything - when I had so much I wanted to do! - left me feeling drained and angry, sometimes choosing to turn away from everything rather than face another day of failure.

Having suffered from depression on and off throughout my adult life, this sense of failure dragged me down to a place where depression once again grabbed hold of me. And once depression had me in its grip, I couldn't shake it off long enough to work on anything. The abandoned projects - books in various stages of completion, home repair tasks, exercise regimes - were a mute accusation, a reminder of my own ineptitude, and I reacted by pulling the covers over my head, both literally and figuratively.

I tried counseling and various mood-altering drugs. The counseling helped somewhat, but I didn't care for the antidepressants that I was

Coming Soon

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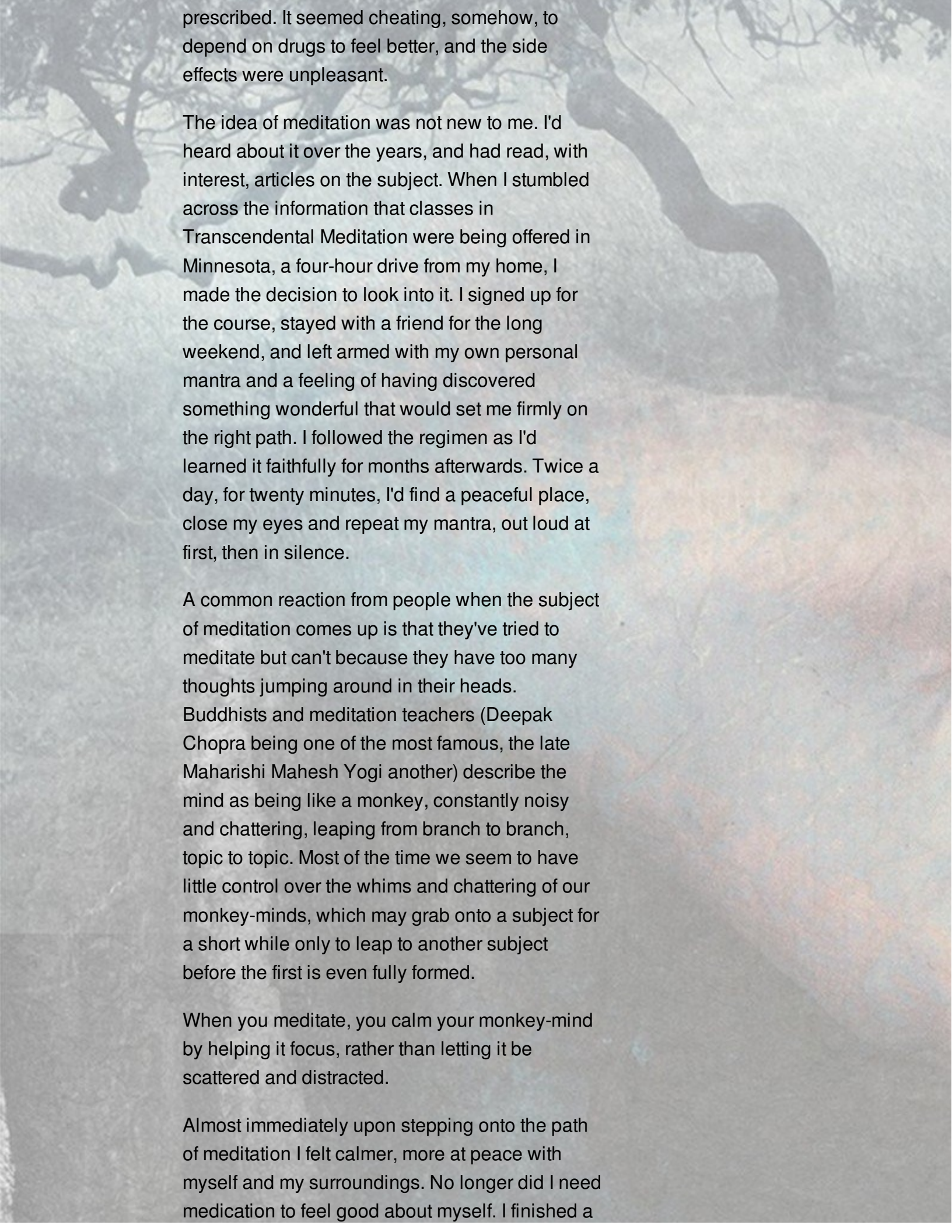


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prescribed. It seemed cheating, somehow, to depend on drugs to feel better, and the side effects were unpleasant.

The idea of meditation was not new to me. I'd heard about it over the years, and had read, with interest, articles on the subject. When I stumbled across the information that classes in Transcendental Meditation were being offered in Minnesota, a four-hour drive from my home, I made the decision to look into it. I signed up for the course, stayed with a friend for the long weekend, and left armed with my own personal mantra and a feeling of having discovered something wonderful that would set me firmly on the right path. I followed the regimen as I'd learned it faithfully for months afterwards. Twice a day, for twenty minutes, I'd find a peaceful place, close my eyes and repeat my mantra, out loud at first, then in silence.

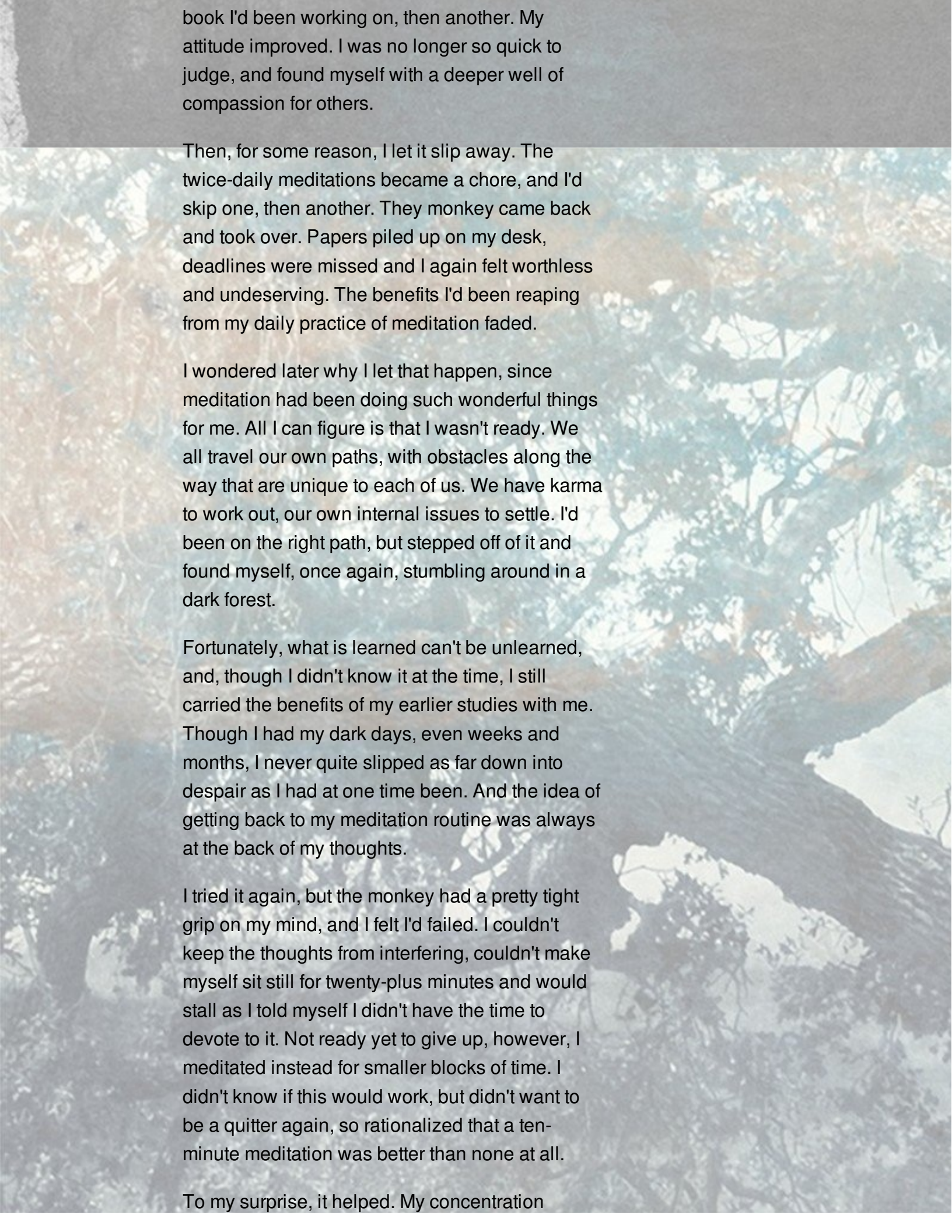
A common reaction from people when the subject of meditation comes up is that they've tried to meditate but can't because they have too many thoughts jumping around in their heads.

Buddhists and meditation teachers (Deepak Chopra being one of the most famous, the late Maharishi Mahesh Yogi another) describe the mind as being like a monkey, constantly noisy and chattering, leaping from branch to branch, topic to topic. Most of the time we seem to have little control over the whims and chattering of our monkey-minds, which may grab onto a subject for a short while only to leap to another subject before the first is even fully formed.

When you meditate, you calm your monkey-mind by helping it focus, rather than letting it be scattered and distracted.

Almost immediately upon stepping onto the path of meditation I felt calmer, more at peace with myself and my surroundings. No longer did I need medication to feel good about myself. I finished a





book I'd been working on, then another. My attitude improved. I was no longer so quick to judge, and found myself with a deeper well of compassion for others.

Then, for some reason, I let it slip away. The twice-daily meditations became a chore, and I'd skip one, then another. The monkey came back and took over. Papers piled up on my desk, deadlines were missed and I again felt worthless and undeserving. The benefits I'd been reaping from my daily practice of meditation faded.

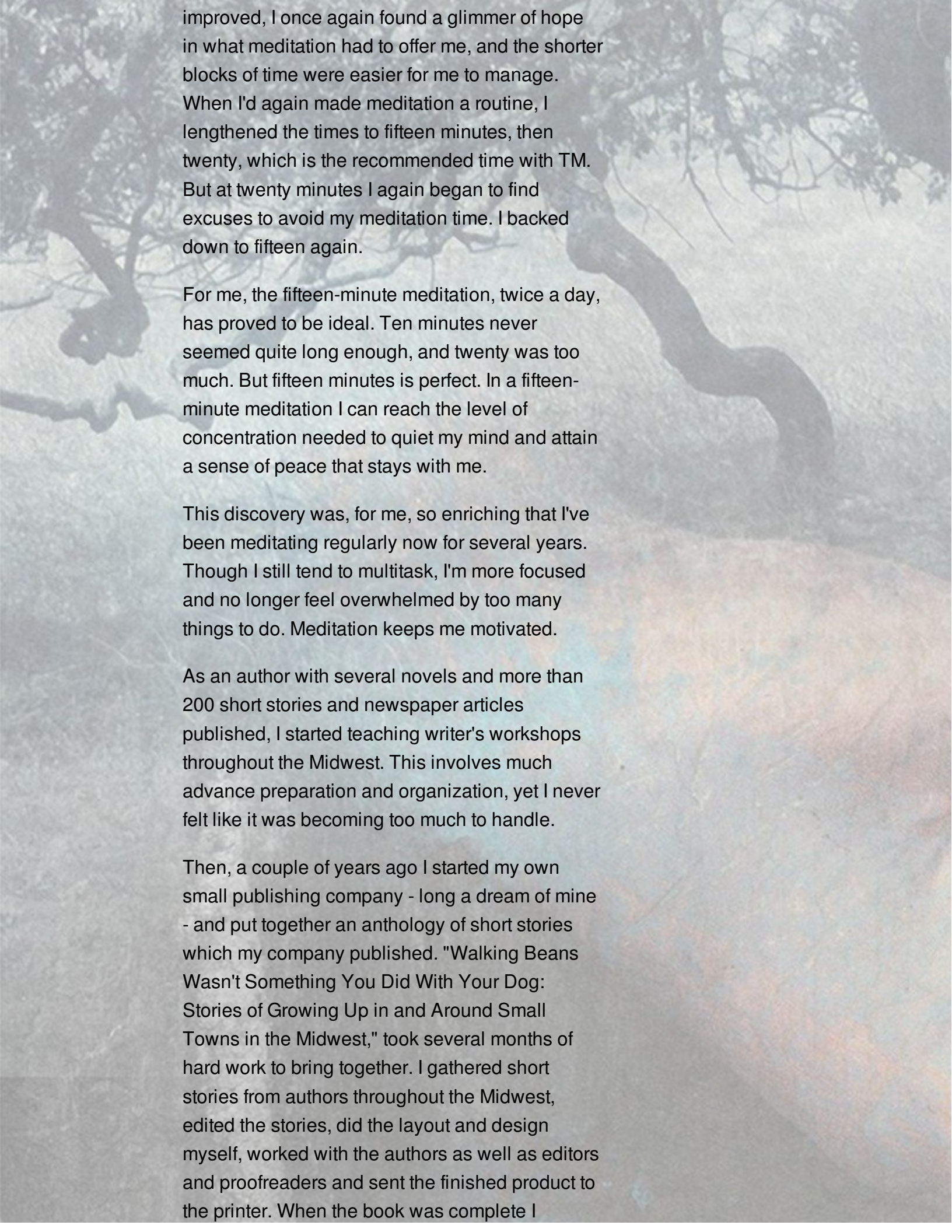
I wondered later why I let that happen, since meditation had been doing such wonderful things for me. All I can figure is that I wasn't ready. We all travel our own paths, with obstacles along the way that are unique to each of us. We have karma to work out, our own internal issues to settle. I'd been on the right path, but stepped off of it and found myself, once again, stumbling around in a dark forest.

Fortunately, what is learned can't be unlearned, and, though I didn't know it at the time, I still carried the benefits of my earlier studies with me. Though I had my dark days, even weeks and months, I never quite slipped as far down into despair as I had at one time been. And the idea of getting back to my meditation routine was always at the back of my thoughts.

I tried it again, but the monkey had a pretty tight grip on my mind, and I felt I'd failed. I couldn't keep the thoughts from interfering, couldn't make myself sit still for twenty-plus minutes and would stall as I told myself I didn't have the time to devote to it. Not ready yet to give up, however, I meditated instead for smaller blocks of time. I didn't know if this would work, but didn't want to be a quitter again, so rationalized that a ten-minute meditation was better than none at all.

To my surprise, it helped. My concentration





improved, I once again found a glimmer of hope in what meditation had to offer me, and the shorter blocks of time were easier for me to manage. When I'd again made meditation a routine, I lengthened the times to fifteen minutes, then twenty, which is the recommended time with TM. But at twenty minutes I again began to find excuses to avoid my meditation time. I backed down to fifteen again.

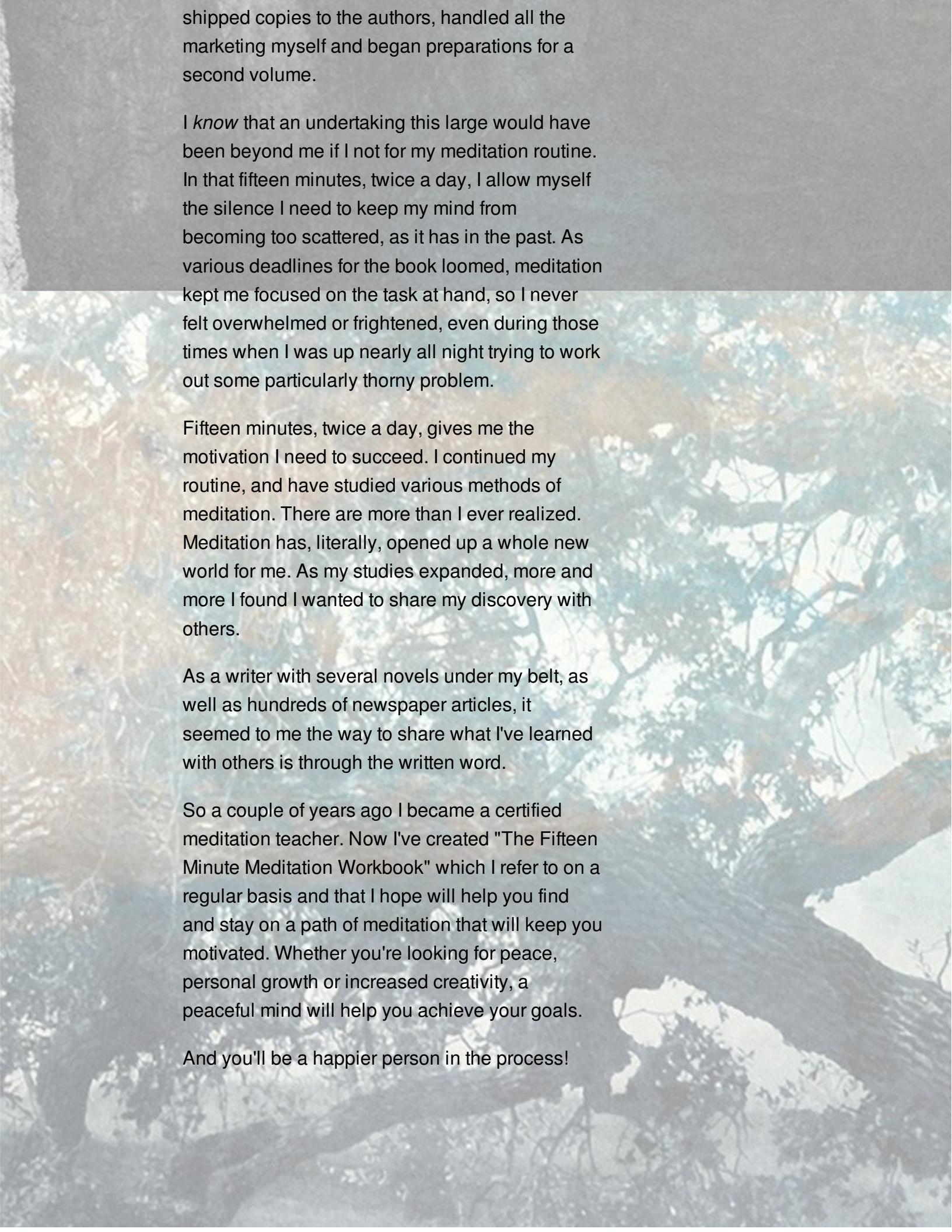
For me, the fifteen-minute meditation, twice a day, has proved to be ideal. Ten minutes never seemed quite long enough, and twenty was too much. But fifteen minutes is perfect. In a fifteen-minute meditation I can reach the level of concentration needed to quiet my mind and attain a sense of peace that stays with me.

This discovery was, for me, so enriching that I've been meditating regularly now for several years. Though I still tend to multitask, I'm more focused and no longer feel overwhelmed by too many things to do. Meditation keeps me motivated.

As an author with several novels and more than 200 short stories and newspaper articles published, I started teaching writer's workshops throughout the Midwest. This involves much advance preparation and organization, yet I never felt like it was becoming too much to handle.

Then, a couple of years ago I started my own small publishing company - long a dream of mine - and put together an anthology of short stories which my company published. "Walking Beans Wasn't Something You Did With Your Dog: Stories of Growing Up in and Around Small Towns in the Midwest," took several months of hard work to bring together. I gathered short stories from authors throughout the Midwest, edited the stories, did the layout and design myself, worked with the authors as well as editors and proofreaders and sent the finished product to the printer. When the book was complete I





shipped copies to the authors, handled all the marketing myself and began preparations for a second volume.

I *know* that an undertaking this large would have been beyond me if I not for my meditation routine. In that fifteen minutes, twice a day, I allow myself the silence I need to keep my mind from becoming too scattered, as it has in the past. As various deadlines for the book loomed, meditation kept me focused on the task at hand, so I never felt overwhelmed or frightened, even during those times when I was up nearly all night trying to work out some particularly thorny problem.

Fifteen minutes, twice a day, gives me the motivation I need to succeed. I continued my routine, and have studied various methods of meditation. There are more than I ever realized. Meditation has, literally, opened up a whole new world for me. As my studies expanded, more and more I found I wanted to share my discovery with others.

As a writer with several novels under my belt, as well as hundreds of newspaper articles, it seemed to me the way to share what I've learned with others is through the written word.

So a couple of years ago I became a certified meditation teacher. Now I've created "The Fifteen Minute Meditation Workbook" which I refer to on a regular basis and that I hope will help you find and stay on a path of meditation that will keep you motivated. Whether you're looking for peace, personal growth or increased creativity, a peaceful mind will help you achieve your goals.

And you'll be a happier person in the process!

